

Group Fitness Studio	Opening Times	Monday 6am-9pm	Tuesday 6am-9pm	Wednesday 6am-9pm	Thursday 6am-9pm	Friday 6am-8pm	Saturday 8am-5pm	Sunday 8am-2pm	
	6.05am	6.35am Amazing Abs (30mins)	Fight Club	*Fat Burner			*Body Pump		
	8.15am						*Body Pump	Yoga/Meditate	
	9.30am	*Body Pump	*Fitball	*Body Pump	Body Combat	Body Step	*TTT	*Body Pump	
	10.30am		*TTT	*Low Impact Aerobics	*Body Pump	*Lite Pace	*Pilates/Fitball	Body Combat	
	11.30am	*Yoga	Body Balance	*Pilates	*Yoga 11.45am				
	1.00pm	Starts Tuesday 2nd August	Mums in Action	Starts Tuesday 2nd August					
	4.30pm	*Body Pump					4.00pm		
	5.30pm	*Terrific Torsos	Body Step	*TTT	*Body Pump	6.00pm			
	6.30pm	Body Combat	*Body Pump	Fight Club					
	7.30pm	Pilates	*Yoga	Fat Burner	*Body Balance				

Creche	Front Room/Creche				Yoga / Meditation 6.30pm Great Destress!			

Starting - Week commencing 18th July - Bookings Essential - School Terms ONLY

Pool		12.45pm - 1.30pm	8.15pm - 9.00pm		1.30pm - 2.15pm			

Cycle Studio		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Various Times	6.05am Life Sprints (30mins)			6.05am Cycle		8.15am Cycle	
	9.30am	Cycle	Cycle	*Cycle	Cycle	Cycle	1hr Cycle	Cycle
	6.00pm	*Cycle	5.30pm Cycle	1hr Cycle				
	6.30pm		*Cycle					

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AQUA EXERCISE